

eco



Working out at this gym generates watts that power the facility.

PHOTO COURTESY OF SACRAMENTO ECO FITNESS

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Work out for the world

California Eco Fitness powers the environment

Sure, exercising outdoors is a great way to become one with nature but, let's face it: Sometimes you just want to zone out in an air-conditioned gym with all the amenities it offers (hello, hot shower).

Sacramento Eco Fitness offers such modern conveniences—and lets you feel like an environmental warrior in the fight against climate change. The

gym, which bills itself as California's first "human-powered" fitness facility, uses SportsArt equipment, which can harness as much as 74 percent of your sweat equity to convert it to usable electricity.

Whether you like to walk, run or spin, there's a planet-friendly option to keep you motivated. 1914 L Street, sacramentocofitness.com.

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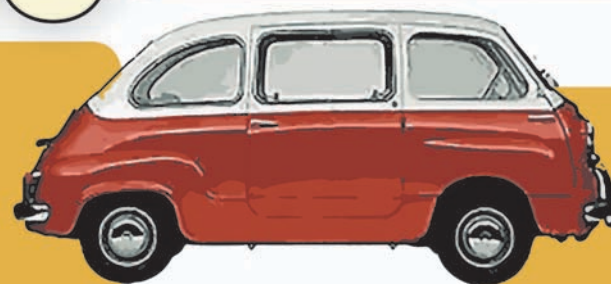
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